

Marketing Cooking Service

Food After Holiday Features Simplicity

Dishes Particularly Easy to Digest Suggested After Strain on Digestive System By Democrat Expert

(By BEATRICE HALL)
As you sit around the table after finishing the big Christmas dinner, unable to move after so much strain, does it not seem as though you just could not eat for another week? The housewife is able to sit back in comfort, satisfied that all her plans and work involved in preparation have been fully repaid by the looks and actions of her guests. In spite of the fact that no one may be interested in food again that day, the following day will bring as many hungry mouths as there are persons in the household. Because of the work and expense connected with the holiday dinner, it is only right that the meals of the next few days be simple. As there is strain on the digestive system from candy, and big dinners with rich food, dishes that are particularly easy to digest should follow the holiday meals. Perhaps the best possible food is milk, for it is easily digested and nutritious. If it is used in combination with other foods left from the big dinner, it serves the double duty of providing an excellent dish and cuts down expenses by using food on hand.

A delightful way to use up some of the vegetable and meat left over from Christmas Day is called "Meat-Potato Nest." The turkey or other meat is cut into small pieces and combined with gravy. Usually there is not enough gravy left from dinner to go very far so that combining what there is with a medium cream sauce works very well in supplying both body and flavor. The cold mashed potatoes are also used in this dish prepared by beating thoroughly potato and egg yolk in the proportion of one egg yolk for each cup of potato used. The potato is then either forced through a pastry tube or dropped lightly from a large spoon onto a buttered baking sheet. A hollow is made in the center of each, and the nests filled with the meat mixture. Then the nests are baked in a hot oven until the potato has browned. A pancake turner should be used to remove to the serving dish.

A few simple recipes for the use of food left over from the holiday dinner and recipes that are nutritious and not over-rich, are suggested here for your convenience.



The Vogue For MIXED VEGETABLES

Well blended vegetables are like well blended colors. They produce harmony. Every housewife knows how important it is to get a variety of vegetables into the family diet, and how difficult it is in households where Mary likes one vegetable and Johnnie likes another. The task of scraping, dicing and cooking takes time and labor.

Canners have produced a harmony of flavor and taken a task off the hands of the housewife, in preparing delicious canned mixed vegetables. You will want to know lots of delicious ways to serve them this winter. For example:

For Chilly Days:
Scalloped Mixed Vegetables: Turn the contents of one No. 2 can mixed vegetables which have been drained, into a buttered baking dish, and pour over one-half cup of cream. Mix together one-fourth cup grated cheese and one-fourth cup buttered crumbs, and sprinkle over the top. Brown in an oven. This serves five persons.

Baked Stuffed Peppers: Cut off the stem ends of six or eight medium-sized green peppers and remove the seeds and membrane. Parboil for two or three minutes in boiling water and drain. Combine the contents of one No. 2 can mixed vegetables with one cup of white sauce. Season well and fill the peppers with the mixture. Top with buttered crumbs. If desired, a square of sliced cheese may be placed on each pepper. Place close together in a buttered baking dish and pour over the contents of one 10½-ounce can of tomato soup. Roll out biscuit dough, cut in rounds and lay on top. Bake for fifteen to twenty minutes in a hot oven. This serves eight persons.

Vegetable Pie: Turn drained vegetables into a buttered baking dish and pour over the contents of one 10½-ounce can of tomato soup. Roll out biscuit dough, cut in rounds and lay on top. Bake for fifteen to twenty minutes in a hot oven. This serves eight persons.

SEEDLESS PERSIMMONS GROWN

Eastland, Tex. (U.P.)—Seedless persimmons, result of many years experimentation, are the boast of J. Y. Jordan of Eastland. Considered rarities by nurserymen, the seedless variety have been grown by Jordan for 18 years.

MISSOURI GOES BACK TO FARM
Columbia, Mo. (U.P.)—Missouri has gone back to farming, according to recent figures published by the College of Agriculture here. There are now 1,340,000 acres more in farm land than in 1930, and 22,514 more farms.

FUR ANIMALS SCARCER
Quebec, Que. (U.P.)—Quebec's fur industry is in danger of becoming ruined because of the depletion of fur-bearing animals. J. B. D. D. Director of the fur-bearing branch of the provincial department of public works believes.

MEAT SOUFFLE

(Ham, Chicken, Beef)
3 tbsp. butter
4 tsp. flour
1 cup milk
1-4 tsp. salt
Few grains cayenne
3 egg yolks
1 cup cooked ground meat
3 egg whites

Make a white sauce of the butter, flour, milk, and seasonings. Cool the sauce slightly; stir in the unbeaten yolks, and then the meat. Beat the egg whites stiff but not dry; fold in the dish; bake in a moderate oven (350 degrees F.) until firm in the center or 30 to 45 minutes. When done, the mixture will not adhere to the tip of a knife inserted in the center. Serve immediately.

Creamed Celery
For 2 cups of diced cooked celery, prepare 1 cup of medium white sauce. Reheat the celery in the white sauce. Practically every vegetable left from a meal can be used again by creaming. A medium white sauce is generally made and cheese melted in the sauce makes a change that adds interest to the dish.

Winter Recipes

By BETTY BARCLAY

Here are two interesting recipes calling for the use of natural, un-sweetened Hawaiian pineapple juice. The pudding may be stored in its closed container in the refrigerator for several weeks and reheated by steaming for forty-five minutes. The milk shake is just the thing after a game of bridge.

STEAMED FRUIT PUDDING

1 cup chopped suet
1 cup molasses
1 cup Hawaiian pineapple juice
3½ cups flour
2 teaspoons cream of tartar
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon mace
Grated rind of 1 orange or 1 lemon.

Combine the suet, molasses and pineapple juice. Sift together twice the flour, cream of tartar, soda, salt, anspices, and stir into first mixture. Add the remaining ingredients. Grease mold, or empty coffee can, and fill 2-3 full of the mixture leaving room for it to rise. Cover and place on a rack in a deep, covered kettle and steam 5 hours. Serve with hard-sauce or desired liquid sauce. 12 to 14 servings.

HARD SAUCE

4 tablespoons butter
¾ to 1 cup powdered sugar
1 teaspoon vanilla
1 teaspoon Hawaiian pineapple juice

Combine butter thoroughly. Add sugar and flavoring gradually. Chill 4 servings.

PINEAPPLE MILK SHAKE

4 cups milk
1 cup Hawaiian pineapple juice
4 scoops ice cream (vanilla)
Place all ingredients in a mixer. Mason jar, let rise in warm room 1 hour. Add milk may be added if desired. 4 servings.

FRANKFURTERS BAKED IN ROLLS

½ cup irradiated evaporated milk
½ cup potato water
½ cup mashed potatoes
1 tablespoon sugar
1 teaspoon salt
4½ cups bread flour
1-4 cup sugar
1-4 cup butter
1 egg
1 cake compressed yeast
24 frankfurters

Add milk and water to potatoes. When lukewarm, dissolve in it the yeast, salt and the 2 tablespoons sugar. Add 2 cups the flour. Beat thoroughly. Cover and let rise until light and full of bubbles. Add the butter and remaining sugar and egg and mix thoroughly. Add enough of the remaining flour to make dough. Knead well. Place dough in a greased bowl, grease dough lightly, cover and set in a warm place to rise until double in bulk. Toss on a slightly floured board and knead lightly. Roll dough to ½ inch thickness. Cut in strips about 3 x 4 inches. Wrap a frankfurter in each, being careful to press dough firmly. Place in oiled baking pans, being sure that rolls do not touch. Let rise in warm room 1 hour. Bake in a hot oven (400 degrees F.) 30 to 45 minutes, depending upon size of rolls. Yield: 24 rolls.

And this unusual, captivating food contains a whole half cup of irradiated evaporated milk rich in vitamin D. So, ye merry homemakers, plunge into the cooking fray some night with frankfurters baked in rolls and hear the family shout with glee!

FRIDAY - SATURDAY

IMPORTED PLUM PUDDING

Regular \$1.79
Special \$1.45

FOWL FOR FRICASSEE

Tender-Meaty 83c ea.

CLOSE'S RIBBON CANDY

2 Pound Box
Regular 39c-Special 31c

SARATOGA POTATOES

Thin-Crisp 47c lb.

CALIFORNIA PEAS

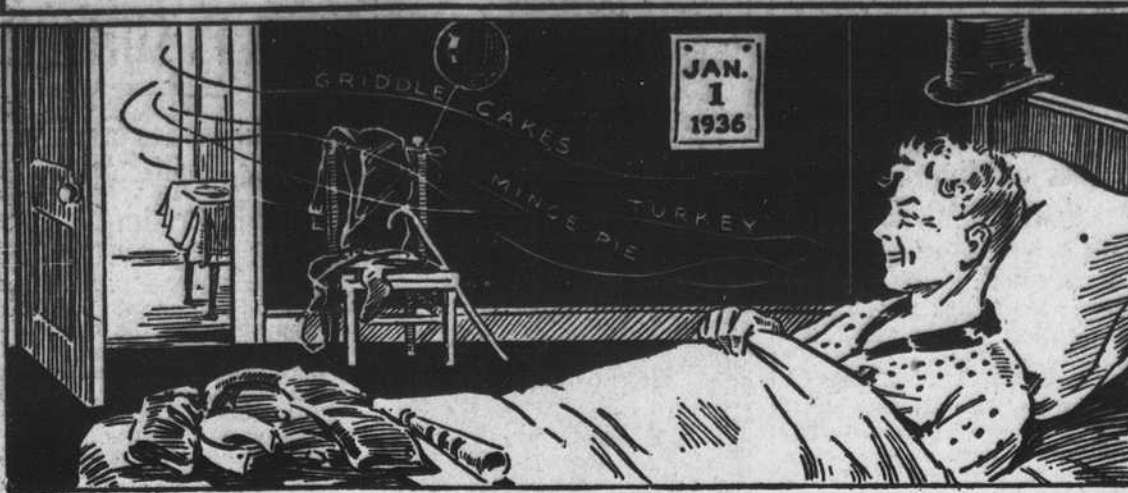
Well Filled Pods
3 quarts for 26c

HEWITT'S COFFEE

3 pounds for 44c
SUGAR 10 lbs. 55c

HEWITT'S

"Now the New Year Awakens Old Desires"



By BETTY BARCLAY

... and, as every woman knows, a man's chief desire is for good "eatin' food"—and plenty of it. The clever wife knows that dishes too often served, pall on the appetite. She also knows that there are enough new dishes so that she can, if she wishes, prepare completely different menus from one year's end to the next.

What, for instance, could be more delicious for New Year's Day breakfast than pineapple juice griddle cakes with pineapple sauce? Or for lunch than a brand-new kind of salad? Or for dinner than a fluffy, attractive cake? But see for yourself...

Pineapple Griddle Cakes

For New Year's Breakfast

3 cups flour
4 tablespoons baking powder
1 teaspoon salt
1 tablespoon sugar
5 eggs
1 cup undiluted evaporated milk
1 cup Hawaiian pineapple juice
2 tablespoons melted shortening
Sift dry ingredients together. Beat eggs slightly with milk. Stir liquid into dry mixture, adding the pineapple juice last. Add melted shortening and drop at once by spoonfuls on a hot griddle. (For thin cakes add more pineapple juice.) Yields about 30 cakes.

Pineapple Sauce for Fritters

2 cups Hawaiian pineapple juice
Lemon rind
5 tablespoons sugar
Juice of 1 lemon
2 tablespoons cornstarch

Boil pineapple juice with a piece of lemon rind. In another pan melt the sugar to a golden brown, add pineapple juice and boil for a few minutes. Mix cornstarch with tablespoon of water and stir into sauce to thicken it. Boil 5 minutes. Add lemon juice, and strain. May be served hot or cold with puddings or fritters.

Modern Waldorf Salad

1 cup celery, finely cut
2 red apples
½ cup walnut meats, broken
½ cup sweet pickles, sliced cross-wise
½ to ¾ cup mayonnaise
Core red apples and dice without peeling. Combine apples, celery, walnuts and pickles. Add sufficient mayonnaise to bind ingredients and moisten well. Pile into salad bowl or heap on small platter, garnished with crisp lettuce.

Roasted Brazil Nuts

To roast nuts in the shell, arrange Brazil nuts in the shell on a baking sheet and bake 20 to 25 minutes in a moderate oven 350 degrees F. Remove from oven and crack with Amazon nut cracker. Shelled nuts. To roast, shelled nuts demand only 10 to 12 minutes in a moderate oven. As soon as they are roasted, remove from oven and sprinkle generously with salt.

Twelfth Night Cake

¾ cups sifted cake flour
¾ cups double-acting baking powder
1½ cups sugar
1½ cups butter or other shortening
1½ cups milk
1 teaspoon vanilla
3 egg whites, stiffly beaten

Do not allow to brown. Add 1 pint of milk, stirring constantly. Cook for a few minutes. Add ¼ pound American cheese, grated, and season with salt, pepper, paprika and a generous pinch of dry mustard. Stir until cheese is thoroughly melted and blended. Drain and flake 1 can of salmon and add to the rarebit. Stir as little as possible and serve piping hot on rounds of buttered whole-wheat toast.

Salmon Rarebit

In a pan or chafing dish blend two tablespoons of flour with 2 heaping teaspoons of butter. Do

with hot and cold running water. The new building of the Danish Society of Civil Engineers, opened here recently, is piped not only for water but also for ice-cold beer.

LIVESTOCK FEED "CANNED"

Spur, Tex. (U.P.)—Farmers and ranchers in West Texas are "canning" livestock feed this year as never before. Thousands of trenches are being dug and in them is being buried all surplus cattle and livestock feed.

POLAND HAS A BETTER-MOVIES DRIVE

Poland has a better-movies drive.

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Tested Recipes

NOODLES WITH TOMATO SAUCE

3 tablespoons tomato paste or puree
1 cup water
1 teaspoon salt
¾ teaspoon black pepper
¾ cup Parmesan cheese (grated)
2 cups tomatoes
¾ cup olive oil
Bay leaf
1 tablespoon sugar
1 onion
¾ pound noodles

Add the black pepper to the olive oil and cook for two minutes. Cook the chopped onion in the oil, being careful not to brown it. Add the tomato paste, mixed with water (or the tomato puree) in three portions, allowing the mixture to boil up after each addition. Add tomatoes, bay leaf and salt and cook for 45 minutes. Put in the sugar and cook 15 minutes longer. Cook noodles in boiling salted water, drain and serve mixed with the tomato sauce and sprinkled with the grated cheese.

PLUM PUDDING

2 tablespoons gelatin
¾ cup cold water
2 cups scalded milk
1½ squares chocolate
1 cup sugar
¼ teaspoon salt
1½ teaspoon vanilla
¾ cup seedless raisins
1 cup dates and figs mixed, chopped
¾ cup citron, chopped

Soak gelatin in cold water five minutes and dissolve in scalded milk. Add chocolate and when melted add sugar and salt. Remove from stove and when mixture begins to thicken, add all other ingredients. Turn into a mold which has been dipped in cold water. Chill. When set, remove to serving plate, garnish with chopped nuts. Serve with whipped cream.

CREAM SCONES

Mix and sift 2 cups flour, ½ teaspoon salt, 4 tablespoons baking powder and 2 teaspoons sugar. Work in 4 tablespoons butter, using tips

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of fingers. Add one egg, well beaten, and ½